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**FAMILY HELP-LINE 1-800-THE KIDS**

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at [www.njtaskforcecan.org](http://www.njtaskforcecan.org)

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# September

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Notes

Heading back to **school** is an exciting time!  
This month's ideas will **help your children** get off to a **great start**.

- 1
When you learn something new, share it with your children. You'll show them learning is a lifetime process.
- 2
Take some time today to check that clothes and supplies are ready for school.

3 Set up a quiet, well-lit place just for homework. Stock it with everything your children need to stay on task.	4 <b>Labor Day</b> School will start soon. Relax and enjoy the holiday together before busy schedules begin.	5 Establish a routine for the school year with regular times to do homework, play and go to bed.	6 TV time is a positive reward for completing homework.	7 Mark this calendar with dates for school pictures and other important occasions.	8 Attend parents' night and meet your child's teachers. Prepare questions in advance to ensure all your expectations are addressed.	9 Encourage reading skills. Read with young children every day.
10 <b>Grandparent's Day</b> Today, call or visit with the grandmas and grandpas in your family—or visit a nursing home and spend time with the elderly.	11 Studies show students do better in school when parents are involved in their children's learning.	12 Get involved with the parent-teacher organization at your child's school.	13 Teach young readers how to look up unfamiliar words in the dictionary.	14 Are you a computer expert? Share your expertise by volunteering in the classroom.	15 <b>National Hispanic Heritage Month</b> Tell your children about the accomplishments of astronaut Ellen Ochoa, Attorney General Alberto Gonzalez or artist David Diaz.	16 <b>Stepfamily Day</b> If yours is a "blended" family, take a few moments to acknowledge the extra effort and understanding you put into bringing up your children.
17 Check homework every evening. Praise your children's right answers and help them to correct mistakes.	18 Children need to be well rested to learn. Set a curfew and stick to it.	19 Schedule play dates for your preschooler so he or she learns about sharing, cooperating and making friends.	20 Show pride in your children's work! Display the artwork, stories and crafts they bring home.	21 Take time to talk to your child daily about his or her experiences at school.	22 If your child is having problems in school, work with his or her teacher to find solutions.	23 <b>Rosh Hashanah, the Jewish New Year</b> This is a good time to set family and personal goals.
24 <b>Ramadan Begins</b> For Muslims this is a time for reflection, fasting and doing good deeds.	25 Ensure your children start early on large school projects. Help by noting due dates on this calendar.	26 Offer suggestions and feedback, but don't do your children's school projects for them.	27 All teens study differently. Help your teenager discover what works best for him or her.	28 If your child is alone at home after school, make sure he or she calls you and/or checks with a neighbor when arriving home each day.	29 Help your child discover how books, atlases and other resources at your local library can help with homework and projects.	30 Make your home a place that nurtures and encourages learning.